

SLEEP APNEA RISK EVALUATION

ABSTRACT OF THE DISCLOSURE

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In a technique for collecting and analyzing physiological signals to detect sleep apnea, a small light-weight physiological monitoring system, affixed to a patient's forehead, detects and records the pulse, oximetry, snoring sounds, and head position of a patient to

detect a respiratory event, such as sleep apnea. The physiological monitoring system may

10 contain several sensors including a pulse oximeter to detect oximetry and pulse rate, a microphone to detect snoring sounds, and a position sensor to detect head position. The physiological monitoring system also can contain a memory to store or record the signals monitored by the mentioned sensors and a power source. The physiological monitoring system may be held in place by a single elastic strap, thereby enabling a patient to use the

15 system without the assistance of trained technicians.